



# State of Rhode Island Rewards for Wellness 2013-2014 Physical Activity Challenge Frequently Asked Questions and Answers



## 1. What is the Physical Activity Challenge and who is eligible to participate?

This challenge encourages you to develop healthy fitness behaviors in whatever physical activity you choose. An activity can be walking, running, swimming, biking, tennis, aerobics, etc. The goal is to allot time for physical activity so it can become a positive, lifelong habit. The Challenge runs for five weeks from March 31, 2014 to May 4, 2014. Employees must track their exercise minutes or number of steps. Please note all employees are eligible to participate, but only employees who are paying the State employee co-shares posted at [www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov) are eligible to receive the \$100 incentive for co-share credit.

## 2. How do I track and report my participation?

Employees may either log in their physical activity data on our easy-to-use online tracking system at [www.wellness.ri.gov](http://www.wellness.ri.gov) or submit a completed paper tracker form. Eligible employees must track their number of steps every day OR their exercise minutes for at least four days every week during the challenge to qualify for the incentive credit. Any forms submitted before the end of the Challenge (May 4, 2014) will not be processed for incentive credit since this is prior to the completion date. The form is available at [www.wellness.ri.gov](http://www.wellness.ri.gov) or through your Wellness Champion or HR Department. While we are not tracking team competitions this year, we encourage you to participate with others. Research studies have shown that people exercise more often when they exercise with others.

## 3. What counts as “exercise” and are there any guidelines for the Challenge?

Exercise is moderately intense activity in which you are increasing your heart rate. This includes brisk walking, jogging, spinning, running, swimming, weight lifting, etc. It is recommended that adults (age 18-64) complete 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic exercise per week. Adults over age 65 can follow these guidelines if they are able, but if limiting conditions exist, they should be as physically active as abilities allow. Please check with your physician to receive medical clearance before starting any exercise program.

## 4. Can I change from steps to minutes or minutes to steps during the Challenge?

No, you cannot change your tracking format (minutes or steps) once you initially enter your information online. Conversion tables for number of steps to exercise minutes or vice-versa are available at [www.wellness.ri.gov](http://www.wellness.ri.gov).

## 5. What is the deadline for submitting my final steps or minutes?

The deadline for submitting your final steps or minutes is May 14, 2014. Online data submissions will be automatically entered on the incentive file, and eligible employees will earn the credit as long as they entered at least four days of exercise minutes per week or their number of steps each day. Print your final numbers from the receipt tab for your records, but **do not** fax this receipt to UHC. If you **do not have computer access**, you can submit your final activity numbers by mail or fax using the Physical Activity Paper Tracker Form. Keep your fax confirmation as verification of submission.

Details and paper tracker form available at [www.wellness.ri.gov](http://www.wellness.ri.gov).